

HISTORIC LOVING CUP.

It Changed Possessors Frequently, Being Owned in Turn by Goldsmith, Garrick, Dr. Johnson and Burke.

The famous literary society of London called the Savage club has traditional connection with Will's coffee-house and the Mermaid tavern of early days. The reader of Mr. Watson's volume of history and anecdote relating to the club will come across in its pages incidental mention of things that recall names that are famous in our literature. How rich in associations a simple drinking cup may become is shown by the following:

In 1902 there was brought to the club a most remarkable relic of which the lord mayor of London had recently obtained possession. This was a loving cup holding a pint or a little more which, as certain inscriptions testified, was at one time the property of Oliver Goldsmith. On Goldsmith's death it passed into the hands of David Garrick and thence to the possession of one of the literary and artistic clubs of the day.

Then after an interval it passed into Dr. Johnson's hands, for one of the inscriptions engraved on its silver rim records that it was presented to Burke by his friend Samuel Johnson, doctor of letters, as a memento of Johnson's visit to Beaconsfield, which was Burke's home. The date of the presentation was 1779, five years after the death of Goldsmith and five before the death of Johnson.

ESSEN'S BAKERY.

Said to Be the Largest Breadmaking Concern in the World.

The largest bakery in the world is located in Essen, Prussia, the home of the great Krupp gun factory. It is a vast building, in which seventy workmen, divided into two shifts, work night and day. Everything is done by machinery, says the London Post. A screw turns incessantly a kneading trough, into which are poured some water and ten sacks of flour of 200 pounds each.

This machine makes about 40,000 pounds of bread each day, in the shape of 25,000 small loaves and 25,000 large loaves, produced by 230 sacks of flour of 200 pounds each. All the operations of breadmaking are performed in this colossal bakery. The wheat arrives there, is cleaned, ground and brought automatically to the kneading trough by a series of rising and descending pipes.

There are thirty-six double ovens, and the workmen who watch over the baking of the bread earn from 8 to 10 cents an hour, making an average of 90 cents a day for eleven hours on duty. They have coffee and bread free; also the use of a bathroom, for they are required to keep themselves spotlessly clean and must wash their hands eight times a day.

The Brown Rat.

The best way to make a good clearance of rats is to turn a cobra into the place they inhabit. It will clear them out in an amazingly short time. But most people prefer the rats. Were it not for cats, owls, weasels and a few other animals in combination with man, in a short time the whole country would be one vast ratferry, for the rate at which these animals increase is stupendous. They are without doubt one of the worst forms of vermin, but they possess one good quality. In a tight corner few animals are more courageous than the brown rat. Rats hard pressed have been known to fly at a man's throat. Two or three, secure in a little fortress with a small opening only large enough for one at a time to come in and go out, will defy a score of ferrets, and if one ferret with more courage than his brothers does venture to enter the lions' den he must look well to himself or he will never come out alive.—London Globe.

Organ Pipes.

The names of the different parts of an organ pipe are interesting. For instance, the air is forced in through a hole in the pointed toe of the pipe, goes through the flue (the slit cut in the side) and strikes the lip. In some cases it then hits the beard (a metal cylinder attached just below the opening) and rebounds against the lip, producing a double vibration. There is also a tongue, and the upper part is called the barrel.—Exchange.

Faultfinding.

Often the most unhappy people are those who have lost the art of admiration and become experts in the art of faultfinding. Beauty is everywhere, but they see it not because of the flaws somewhere below it. Faultfinders should turn their magnifying glasses upon themselves and then discover why they are not loved.

Conversation.

Conversation warms the mind, enlivens the imagination and is continually starting fresh game, which is immediately pursued and taken and which would never have occurred in the duller intercourse of epistolary correspondence.—Franklin.

Dead Authors.

The society of dead authors has this advantage over that of living men—they never flatter us to our faces, or slander us behind our backs, or intrude upon our privacy, or quit their shelves until we take them down.—Colton.

What They're Not Doing.

When two women get their heads together in a parlor it's a safe bet that they're not discussing the weather.—Detroit Free Press.

The wicked are always ungrateful.—Cervantes.

SPARE THE OLD THINGS.

A Plea For the Preservation of Tokens of Love and Reminders of Days Gone By.

Most everything is being sacrificed nowadays to the spirit of practicability. Old love letters are destroyed because desk room is needed. The spreading oak that marked for decades the turn of the road is sacrificed to give room to a modern electric sign that tells the same story. The baby's first pair of shoes, wee, dainty and soft as they are, are thrown in the trash pile that there may be room in the top drawer for the powder box.

All of this destruction of "auld lang syne" sentiment and the basis of reminiscence is chuck full of wrong. The most interesting place in or near Washington is Mount Vernon. The most magnificent square in Philadelphia is Independence hall. The most valuable spot in Texas is the old Alamo at San Antonio. Such places as these contain the story of American history, and the citizen who views and thinks while viewing—and no one can view without thinking—becomes instantly a patriot, likewise a better husband and a better father.

Keep the old love tokens. Don't destroy the "old gray bonnets." Treasure the little shoes. Save youth's love letters. And we may not have as much room, but we will have more sweetness, and there will be more heart in the world.—Wichita Beacon.

IN A RAILWAY SMASHUP.

The Proper Thing to Do if You Have Time Enough.

If you were a passenger on a railroad train that collided with another, jumped the track, ran into an open switch or fell a victim to any of the other misfortunes that railroad trains are heir to, what would you do or what do you think you would do?

A writer in an engineering journal, after describing from his personal observation what most passengers do in such times of stress and peril—that is, "stand up and howl!"—gives what he calls sound advice, which is simply "to drop upon the floor, preferably in the aisle, or cling to the seat frame."

That advice is not only sound, but simple. The trouble, however, is that not one person in ten can tell with any degree of certainty to what extent the same kind of mental demoralization that causes the volunteer fireman to throw mirrors out of the window and tenderly carry feather beds downstairs would possess him in such an emergency. The man who believes with absolute conviction that he would remain calm, cool and collected under all circumstances may be the very man who would make a mental aviation flight that would cause the records of the champion aeronauts to pale into insignificance.—Cincinnati Times-Star.

Wasted Ability.

Mrs. Norton had attended the concert given at the town hall by Mile. Faure, a young Frenchwoman whom the summer residents were trying to help, as she had lost all her possessions through a fire in the city studio, where she lived and taught.

At the end of the concert the different opinions expressed by the villagers as to the exhibition of piano playing to which they had listened had no effect on Mrs. Norton.

"I don't know whether she played too loud or whether her pieces were the best or not," she announced decisively. "All I know is that I kept thinking if I could roust out that butter-fingered Clancy girl that's pretending to help me with my kitchen work and set that madam'selle down to shelling peas and beans and shucking corn I guess the boarders would have their meals somewhere near on time!"—Youth's Companion.

Facts About Animal Structure.

The complexity of animal structure is marvelous. A caterpillar contains more than 2,000 muscles. In a human body are some 2,000,000 perspiration glands, communicating with the surface by ducts, having a total length of some ten miles, while that of the arteries, veins and capillaries must be very great. The blood contains millions of corpuscles, each a structure in itself. The rods in the retina, which are supposed to be the ultimate recipients of light, are estimated at 30,000,000, and Meinel has calculated that the gray matter of the brain is built of at least 600,000,000 cells.

The Joined Fragments.

Waiter—What will you have, sir? Customer (looking over the restaurant bill of fare)—Permit me to cogitate. In the correlation of forces it is a recognized property of atomic fragments, whatever their age, to join, and—

Some Balm.

"Duke, I'm sorry," said the millionaire, "but my daughter can't marry you."

"Then I have loved in vain?"

"Not wholly, duke. Here's \$50 for you."

The Fluent Speaker.

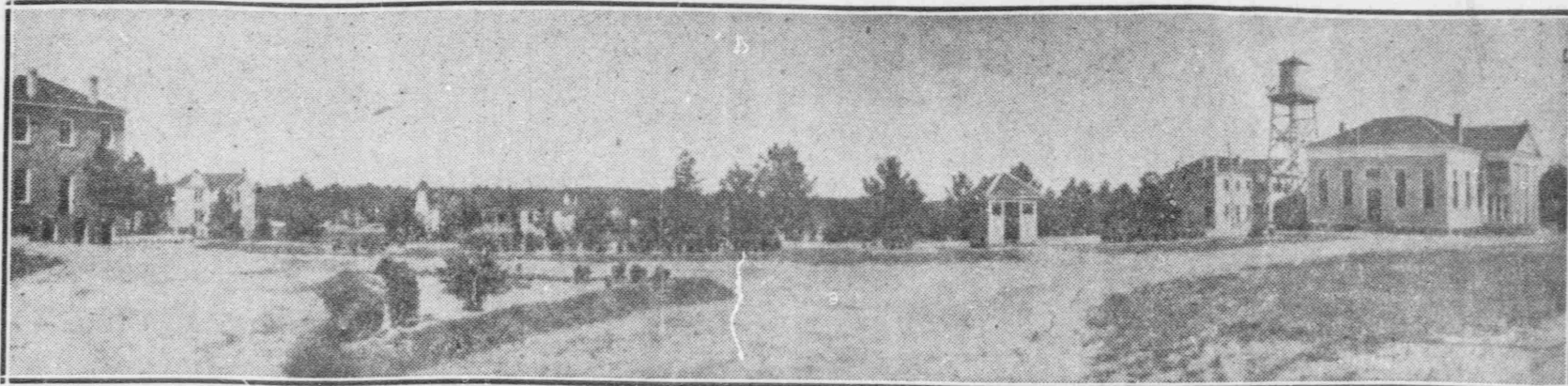
"Pa, what's a fluent speaker?"

"One of the kind you are glad to hear because the things he says never cause you to change your opinion."—Leslie's Weekly.

Reassuring.

Terrified Rider (in hired motorcar)—I say—I say—you're going much too fast. Chauffeur—Oh, you're all right, sir. We always insure our passengers.—London Punch.

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3. Commercial Department.
4. Literary Department.
5. Department of Music.

WOMAN'S TRAINING SCHOOL.

Work Has Begun—Opening Day. Speeches by Well Known Ministers.

The National Training School for Women and Girls, located at Lincoln Heights, Washington, D. C., began its third session on Monday, October 9, with an enrollment of women and girls that completely taxed the capacity of the two buildings, and made it necessary for the President to rent another whole building in the neighborhood. Students are coming from everywhere. In the short time that this school has been in operation, it has been far-reaching in its work of training the women and girls of the race, and there are now thirty-one States and three foreign countries represented in the enrollment.

The opening exercises, which were held at 3:30 P. M., were presided over by Miss Nannie H. Burroughs, A. M., president. In her remarks Miss Burroughs gave a brief outline of the work and the achievements of the institution during the past two years, as well as a plan of the work to be accomplished during this school year. One of the principles advocated by this young woman and which was forcibly brought out at this time was "Be prepared; opportunity may come, but it comes to the prepared individual. We have too many makeshifts now; the demand is for thoroughly trained workmen in all avenues of life."

A letter from the Woman's American Baptist Home Mission Society, of which Mrs. Katherine S. Westfall is secretary, was read, stating that three thousand, five hundred dollars is available from the society with which to build the much-needed and much-talked-of "Model Home," in memory of the late Secretary of the Woman's American Baptist Home Mission Society, Miss Mary G. Burdette. This colonial model home will be erected soon. Plans have been submitted. The donors only ask that the colored women properly furnish and equip the building. Enthusiasm ran high when the announcement of this gift was made. It was evident that others will be inspired to give largely.

Special addresses were delivered by Rev. Walter H. Brooks, D. D., on "How a student may make the year fruitful;" Rev. J. Milton Waldron, "The trained Christian worker as a factor in our church work;" Mrs. Julia Mason Layton, "The conduct of students in public places;" Rev. L. G. Jordan, D. D., "The need of trained workers to supplant the makeshifts," and the speaking was closed by Rev. J. Gray, of Baltimore, Md., who made some very timely remarks.

At the close of the exercises, many pledged to help in a very material way, and pledges were received for money toward the erection of the girl's dormitory, the foundation of which is now being laid, while others pledged to furnish rooms in the new building and still others are making a substantial donation of canned goods to the institution on October 20th, which has been designated as "Grocery Day."

The District Board, under the direction of Mrs. Emma Lewis Cabanis, the local churches, and the ladies of the Calvary Baptist Church (white), Washington, D. C., as well as friends throughout the country, are uniting in the effort to make "Grocery Day" a blessing in material things.

Friends were present from Pennsylvania, Kentucky, Ohio, Maryland and the District of Columbia.

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VARIETIES IN CHEESES.

Hard Cheeses' Lasting Qualities—Parmesan Is So Hard That Cutting Is Practically Impossible.

The difference in cheeses is sometimes confusing to those who have not access to a large market. Edam, pineapple, Parmesan and Roquefort are hard cheeses. Neufchatel, cream and cottage cheeses soft. Genuine cream cheese is made from a rich cream thickened by souring or from sweet cream thickened rennet. Neufchatel is a soft rennet cheese made from cow's milk either whole or skimmed. Cottage cheese is made from sour milk without the use of rennet. Roquefort is a hard rennet cheese made from the milk of sheep, the name being derived from the village of Roquefort, in the southeastern part of France, where the cheese is ripened in caves or natural caverns. Edam is a hard rennet cheese produced in Holland and is made from unskimmed cow's milk. Parmesan is an Italian cheese known for centuries in that country as Grana, the term referring to the granular condition of the cheese. It is so hard cutting is practically impossible, and we get it in this country grated in bottles. This cheese is made from skimmed milk. Pineapple cheese is said to have originated in Litchfield county, Conn., and is a hard rennet cheese made from cow's milk. The flavor of different cheeses is given by the method of ripening, due to the action of bacteria.

Hard and soft cheeses differ mainly in the fat constituents and methods of manufacture, but most of all in their keeping quality, the hard cheeses keeping for a protracted time.—Good House-keeping.

MAKING A PICTURE LOVER.

A Cynical and Caustic Fling at the English Art Patron.

The general art patron in England is a brewer or distiller. Five and forty is the age at which he begins to make his taste felt in the art world, and the cause of his collection is the following or analogous reason. After a heavy dinner, when the smoke cloud is blowing lustily, Brown says to Smith: "I know you don't care for pictures, so you wouldn't think that Leader was worth £1,500. Well, I paid all that and something more, too, at the last academy for it." Smith, who has never heard of Leader, turns slowly round on his chair, and his brain, stupefied with strong wine and tobacco, gradually becomes aware of a village by a river bank seen in black silhouette upon a sunset sky. Wine and food have made him happily sentimental, and he remembers having seen a village looking very like that village when he was paying his attentions to the eldest Miss Jones. Yes, it was looking like that, all quite sharp and clear on a yellow sky, and the trees were black and still, just like those trees. Smith determines that he, too, shall possess a Leader. He may not be quite as big a man as Brown, but he has been doing pretty well lately. There's no reason why he shouldn't have a Leader. So irredeemable mischief has been done at Brown's dinner party. Another five or six thousand a year will exert its mighty influence in the service of bad art.—George Moore.

Proper Breathing.

To breathe properly take a deep, slow breath, another and another. Put both the hands on your ribs and see how they expand and contract as you breathe in and out. Put one hand on the low ribs in front and the other opposite it on the back. Feel how the back swells as you breathe. There is a powerful muscle called the diaphragm that divides the chest from the abdomen. As the heart and lungs are in the chest, the diaphragm may be called the floor of the chest. It is fastened to the backbone, the ribs and the sternum, or breastbone. And when people speak of diaphragmatic breathing they mean just what we are doing now—filling the lungs with air and emptying them by the expansion and contraction.—Boston Herald.

6. Department of Literary Training.
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If a woman have long hair, it is a glory to her.—I Cor. 11-15.

Every Woman Can Have That Glory If She Wishes It.

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My own hair is my best advertisement. With these treatments my hair grew 17 inches in two years. It had remained one length (four inches) for 15 years. What I did for my hair I am doing for hundreds of others, and will do for you with my Matchless Scientific Scalp Preparations. My treatment stops falling hair or breaking off, cures split ends, removes dandruff and scalp scurf, causes the hair to grow long, no matter how short; soft, no matter how harsh; thick, no matter how thin; straight from the bulbs, no matter how kinky. First treatment will show wonderful improvement. Do not wait if you are interested in your hair. I give treatments all over the United States by mail. Write me at once. I send booklet OF INFORMATION, and testimonials of those taking my treatments when 4-cent stamp is enclosed. I do not have agents. I need a personal history of your hair and scalp and your physical condition.

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